## **CLAIMS**

What is claimed is:

1. A thermal preservation insert for inserting into a plastic food container, said plastic food container including a bottom and a container wall, said container wall having a lower portion that meets the bottom, the thermal preservation insert comprising:

a flat disk, the flat disk containing a thermal preservation fluid completely buried inside the disk,

the disk having a lower surface that conforms to a shape of the bottom of the plastic food container,

the disk having a substantially flat upper surface, and

the disk having a side that conforms to a shape of the lower portion of the container wall of the plastic food container.

- 2. The insert of claim 1, wherein the upper surface of the disk is substantially smooth.
- 3. The insert of claim 2, wherein the upper surface of the disk has a plastic tab jutting out
- 4. A thermal preservation insert for inserting into a plastic food container, said plastic food container including a bottom and a sloping container wall, an interior space defined by said sloping container wall narrowing toward the bottom, said plastic food container having a lower

portion that meets the bottom, the thermal preservation insert comprising:

a flat disk, the flat disk containing a thermal preservation fluid completely buried inside the disk,

the disk having a lower surface that conforms to a shape of the bottom of the plastic food container,

the disk having a substantially flat upper surface,

the disk having a side that conforms to the lower portion of the sloping container wall of the plastic food container, and

the flat disk capable of being inserted into the plastic food container so as to rest on an intermediate portion of the sloping container wall of the plastic food container.

- 5. The insert of claim 4, wherein the upper surface of the disk is substantially smooth.
- 6. The insert of claim 5, wherein the upper surface of the disk has a plastic tab jutting out.
- 7. A thermal preservation insert for inserting into a plastic food container, said plastic food container including a bottom and a container wall, said container wall having a ridge and a lower portion that meets the bottom, the thermal preservation insert comprising:

a flat disk, the flat disk containing a thermal preservation fluid completely buried inside the disk,

the disk having a lower surface that conforms to a shape of the bottom of the plastic food container,

the disk having a substantially flat upper surface, and

the disk having a side that conforms to a shape of the lower portion of the container wall of the plastic food container and having a width that conforms to a width of the container wall just above the ridge.

- 8. The insert of claim 7, wherein the upper surface of the disk is substantially smooth.
- 9. The insert of claim 8, wherein the upper surface of the disk has a plastic tab jutting out.
- 10. A thermal preservation insert for inserting into a plastic food container, said plastic food container including a bottom and a sloping container wall, an interior space defined by said sloping container wall narrowing toward the bottom, said sloping wall having a ridge in an intermediate portion thereof, said plastic food container having a lower portion that meets the bottom, the thermal preservation insert comprising:

a flat disk, the flat disk containing a thermal preservation fluid completely buried inside the disk,

the disk having a lower surface that conforms to a shape of the bottom of the plastic food container,

the disk having a substantially flat upper surface,

the disk having a side that conforms to the lower portion of the sloping container wall of the plastic food container, and

the flat disk capable of being inserted into the plastic food container so as to rest on an

intermediate portion of the sloping container wall of the plastic food container just above the ridge.

- 11. The insert of claim 10, wherein the upper surface of the disk is substantially smooth.
- 12. The insert of claim 11, wherein the upper surface of the disk has a plastic tab jutting out.
- 13. A combination of a thermal preservation insert and a plastic food container, comprising:

a plastic food container including a bottom and a container wall, said container wall having a lower portion that meets the bottom,

a thermal preservation insert comprising:

a disk, the disk containing a thermal preservation fluid completely buried inside the disk,

the disk having a lower surface that conforms to a shape of the bottom of the plastic food container, and

the disk having a side that conforms to a shape of the lower portion of the container wall of the plastic food container.

14. The combination of claim 13, wherein the disk has a substantially flat upper surface.

- 15. The combination of claim 14, wherein the upper surface of the disk is substantially smooth.
- 16. The combination of claim 15, wherein the upper surface of the disk has a plastic tab jutting out.
- 17. A combination of a plastic food container with a thermal preservation insert, comprising:

a plastic food container including a bottom and a sloping container wall, an interior space defined by said sloping container wall narrowing toward the bottom, said plastic food container having a lower portion that meets the bottom,

a thermal preservation insert comprising:

a disk, the disk containing a thermal preservation fluid completely buried inside the disk,

the disk having a lower surface that conforms to a shape of the bottom of the plastic food container,

the disk having a side that conforms to the lower portion of the sloping container wall of the plastic food container, and

on an intermediate portion of the sloping container wall of the plastic food container.

18. The combination of claim 17, wherein the disk has a substantially flat upper surface.

- 19. The combination of claim 18, wherein the upper surface of the disk is substantially smooth.
- 20. The combination of claim 19, wherein the upper surface of the disk has a plastic tab jutting out.
- 21. A combination of a plastic food container with two thermal preservation inserts, comprising:

a plastic food container including a bottom and a sloping container wall, an interior space defined by said sloping container wall narrowing toward the bottom, said plastic food container having a lower portion that meets the bottom,

a first thermal preservation insert placed on the bottom of the plastic food container and comprising:

a disk, the disk containing a thermal preservation fluid completely buried inside the disk,

the disk having a lower surface that conforms to a shape of the bottom of the plastic food container,

wall of the plastic food container, and

a second thermal preservation insert identical to the first freezer disk and resting on an intermediate portion of the sloping container wall disk of the plastic food container.

- 22. The combination of claim 21, wherein the disk has a substantially flat upper surface.
- 23. The combination of claim 22, wherein the upper surface of the disk is substantially smooth.
- 24. The combination of claim 23, wherein the upper surface of the disk has a plastic tab jutting out.